

USDA National Nutrient Database for Standard Reference Release 28

Full Report (All Nutrients) 20008, Buckwheat

Report Date:January 12, 2016 22:57 EST

Nutrient values and weights are for edible portion.

Food Group : Cereal Grains and Pasta

Carbohydrate Factor: 3.78 Fat Factor: 8.37 Protein Factor:3.37 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1	Data points	Std. Error	1 cup 170g
		Value Per100 g			
Proximates					
Water	g	9.75	2	--	16.58
Energy	kcal	343	--	--	583
Energy	kJ	1435	--	--	2440
Protein	g	13.25	2	--	22.52
Total lipid (fat)	g	3.40	2	--	5.78
Ash	g	2.10	2	--	3.57
Carbohydrate, by difference	g	71.50	--	--	121.55
Fiber, total dietary	g	10.0	--	--	17.0
Minerals					
Calcium, Ca	mg	18	1	--	31
Iron, Fe	mg	2.20	1	--	3.74
Magnesium, Mg	mg	231	1	--	393
Phosphorus, P	mg	347	1	--	590
Potassium, K	mg	460	1	--	782
Sodium, Na	mg	1	1	--	2
Zinc, Zn	mg	2.40	1	--	4.08
Copper, Cu	mg	1.100	1	--	1.870
Manganese, Mn	mg	1.300	1	--	2.210
Selenium, Se	µg	8.3	--	--	14.1
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0
Thiamin	mg	0.101	1	--	0.172
Riboflavin	mg	0.425	1	--	0.722

Nutrient	Unit	1			1 cup 170g
		Value Per 100 g	Data points	Std. Error	
Niacin	mg	7.020	1	--	11.934
Pantothenic acid	mg	1.233	--	--	2.096
Vitamin B-6	mg	0.210	1	--	0.357
Folate, total	µg	30	1	--	51
Folic acid	µg	0	--	--	0
Folate, food	µg	30	1	--	51
Folate, DFE	µg	30	--	--	51
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	0	--	--	0
Retinol	µg	0	--	--	0
Vitamin A, IU	IU	0	--	--	0
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Lipids					
Fatty acids, total saturated	g	0.741	--	--	1.260
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.035	13	--	0.060
10:0	g	0.018	13	--	0.031
12:0	g	0.010	13	--	0.017
14:0	g	0.025	13	--	0.042
16:0	g	0.450	13	--	0.765
18:0	g	0.047	13	--	0.080
Fatty acids, total monounsaturated	g	1.040	--	--	1.768
16:1 undifferentiated	g	0.023	13	--	0.039
18:1 undifferentiated	g	0.988	13	--	1.680
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.012	13	--	0.020
Fatty acids, total polyunsaturated	g	1.039	--	--	1.766
18:2 undifferentiated	g	0.961	13	--	1.634
18:3 undifferentiated	g	0.078	13	--	0.133
18:4	g	0.000	--	--	0.000

Nutrient	Unit	1			1 cup 170g
		Value Per 100 g	Data points	Std. Error	
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
Amino Acids					
Tryptophan	g	0.192	5	--	0.326
Threonine	g	0.506	17	--	0.860
Isoleucine	g	0.498	17	--	0.847
Leucine	g	0.832	17	--	1.414
Lysine	g	0.672	17	--	1.142
Methionine	g	0.172	17	--	0.292
Cystine	g	0.229	10	--	0.389
Phenylalanine	g	0.520	16	--	0.884
Tyrosine	g	0.241	15	--	0.410
Valine	g	0.678	17	--	1.153
Arginine	g	0.982	17	--	1.669
Histidine	g	0.309	16	--	0.525
Alanine	g	0.748	14	--	1.272
Aspartic acid	g	1.133	13	--	1.926
Glutamic acid	g	2.046	14	--	3.478
Glycine	g	1.031	14	--	1.753
Proline	g	0.507	14	--	0.862
Serine	g	0.685	14	--	1.164
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Flavonoids					
Flavonols					
Quercetin ^{2,3}	mg	15.4	24	1.61	26.1
Proanthocyanidin					
Proanthocyanidin dimers ¹	mg	5.8	8	2.17	9.8
Proanthocyanidin trimers ¹	mg	1.6	8	0.81	2.7

¹Ölschläger, C., Regos, I., Zeller, F.J., and Treutter, D.T. Identification of galloylated propelargonidins and procyanidins in buckwheat grain and quantification of rutin, and flavanols from homostyloids hybrids originating from *F. esculentum* x *F. homotropicum*., 2008 Phytochemistry 69 pp.1389-1397

²Kreft, I., Fabjan,N., and Yasumoto, K. Rutin content in buckwheat (*Fagopyrum esculentum* Moench) food materials and products, 2006 Food Chemistry 98 pp.508-512

³Oomah, D. B., and Mazza, G. Flavonoids and antioxidative activities in buckwheat., 1996 J. Agric. Food Chem. 44 pp.1746-1750